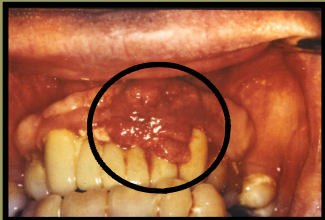


Oral Cancer

Oral Cancers



What is oral cancer?

Oral cancer is cancer in the mouth. It is very serious. Only about half of those who have oral cancer live longer than five years. The earlier it is found, the better your chances of being cured.

Where is oral cancer found?

- Lips
- Gums
- Cheek
- Tongue
- Floor of the mouth
- Roof of the mouth
- Throat

What causes oral cancer?

- Smoking cigarettes, cigars and pipes
- Using snuff, dip and spit/chewing tobacco
- Drinking a lot of alcohol regularly
- Being in the sun for long periods of time without lip protection
- Some viruses
- Lack of fruits and vegetables in your diet
- Use of marijuana

What are the signs of oral cancer?

- Sores in the mouth that last longer than two weeks
- White, red or mixed patches in your mouth
- A feeling that something is caught in your throat
- Trouble chewing or swallowing
- A lump in your mouth, lip or throat
- Unusual bleeding, pain or numbness in your mouth

What can you do to decrease your chances of getting oral cancer?

- Don't use tobacco in any form – if you do, STOP
- Limit the amount of alcohol you drink
- Use lip balm with sunscreen (SPF 15 or greater) or a hat to prevent sun exposure to lips
- Eat a diet high in fruits and vegetables

How is oral cancer found?

- Self-exam – check your mouth regularly for changes or signs of oral cancer. If you notice anything abnormal, see your dentist or doctor right away
- See a dentist or doctor regularly – ask for an exam. It only takes a few minutes to check for oral cancer. It is not painful or expensive.